

Good Food...

CC. Cafe lunches provide 1/3 the Recommended Dietary Allowance (RDA) for healthy adults 60+

Food is prepared with no salt added.

Menus are planned with your health in mind and include good sources of Vitamin A, Vitamin C, and fiber, and are low in fat.



Good Friends...

CC. Cafe is a great place to meet people. It's also a great place to join a friend or friends for lunch.

CC Cafe

Good Health...

Along with good food and friends comes good health. Studies show that people who eat our lunches enjoy better health!

Nutrition education materials and presentations are provided to help you make healthy lifestyle choices.



And, It's Easy...

You don't have to worry about meal planning, shopping, or cooking...And most of all, NO DISHES!

Do Something Good For Your Health and Well-being...

If you are an ADULT 60+ call the C.C. Cafe nearest you. Reservations are required so call between 10:00 and 12:30 to make a lunch reservation for the next day.



Let's Do Lunch...

Your First Lunch Is
ON US!
Just Use This
Coupon For
Your First Lunch at Any
C.C. Cafe!